Ahmad Sa'adat

part three

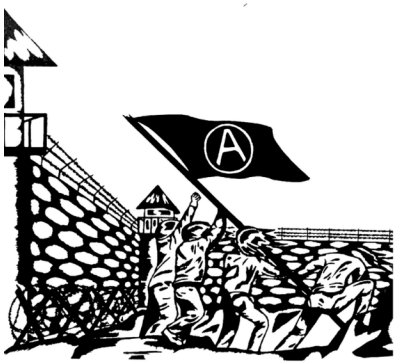
...lives in prison, but prison does not live in him. He writes about everyone – yet never about himself. Though deeply entangled in the inferno of the occupation's prisons, he witnesses israeli fascism as it relentlessly practices repression & brutality, seeking to crush the imprisoned human being & strip their life of meaning. Imprisoned comrade, fighter, & General Secretary of the Popular Front for the Liberation of Palestine, his words written from behind bars tell us that a human being, through their belonging, their values, and the justice of their cause, is stronger than the prison & all instruments of repression & disintegration. Read. Act.

ECHOES of the Shackles

originally shared on Mars Library

https://samidoun.net/category/prisoners/ahmad-saadat/

with whatever weapons at hand



& Finally

These are fragmented stories from a long and ongoing context. There are many similar examples, as there are many names. As explained in previous lines, the reality of solitary confinement has given rise to unique relationships that transcended patterns of national, ideological, and political hostility, relatively merging everyone into a cohesive community united in the face of oppression, with human solidarity as the foundation of that resistance.

It's true that this temporary experience cannot be generalized, but repression and oppression are phenomena that also divide Israeli society and affect all segments, classes, and poor communities. This suggests that what now seems like an exception could one day become the rule — a foundation for building genuine peaceful relations among the inhabitants of Palestine, or coexistence within a democratic state where all people can live together.

This would require the rejection of all forms of oppression, racism, and discrimination. And I am convinced that this is possible — just as it is possible to separate the Jewish inhabitants of Palestine from the Zionist ideology that incites hatred and promotes hostility against Arabs and anyone who resists Zionism.

position and obliged the administration to comply, especially after threatening to file a complaint with the court. In daily life, many events reflected his siding with the entire prison community, dominated by solidarity.

Prisoner 4

A criminal prisoner from the city of Jaffa, Palestinian by identity and a victim of Zionist targeting aimed at corrupting Arab youth in mixed cities. He was arrested at a young age and sentenced to life imprisonment on charges of premeditated murder. He is strong-willed, proud of himself and his Palestinian identity. Through his relationship with political detainees in solitary confinement, he has significantly developed in his social understanding and personal habits.

He is easy to get along with, socially open, generous, and never misses an opportunity to help his fellow prisoners. The years spent in solitary confinement have taken a toll on his nervous system; at times, he experiences episodes of withdrawal accompanied by delirium. He is always ready to defend any fellow political prisoner in solitary if they are harmed or insulted. He has a strong presence among the criminal prisoners.

One clear sign of his deep loyalty to his cellmates is when the prison administration punished one of his friends for trying to smuggle cigarettes to him through the food slot. He only learned of the incident the next day, but upon hearing it, he became furious and destroyed all the contents of his room in protest. The prison administration was unable to control him until they summoned a large police force, and he was taken to a cell where he was tied to the bed for several days.

He memorizes by heart the names of the freedom fighters he met in solitary and lives through their stories and struggles. The prison administration has repeatedly threatened him, pressuring him to cut ties with political prisoners, but he has never given in and has remained committed to maintaining those relationships and offering his support.

Echoes of the Shackles

part three

صدى القيد

Ahmad Sa'adat

2017

Appendix I: From the Isolation Notebook— Illuminating Images from the Reality of Solitary Confinement

Hassan Salameh's Mother

A woman of strong character and presence, full of passion and emotion toward her two sons, Hassan and Akram — the latter serving his sentence in Ramla Prison Hospital due to suffering from urinary tract infections.

We came to know her through her voice and image, and we saw a model of a faithful woman who transcends mere emotions and feelings to strengthen her children's resolve. She was always strong, strict, and firm before the Shalit deal when Akram was freed and Hassan, sentenced to life imprisonment 48 times, remained behind. She was even stronger in encouraging Hassan to accept the shock that shattered his only hope for release in the foreseeable future. She can also be recognized through Hassan himself — a young man full of determination, persistence, and a zest for life, brimming with vitality and hope, friendly and capable of quickly breaking through the walls of the heart to occupy an intimate place there, stubborn in pursuing what he wants. His emotional passion, when it erupts, covers a wide area of this universe. This sincere passion was paired with Mujahida Ghufran Zamel, the woman who accepted to bind her fate with his despite knowing his circumstances and sentence. She loved him before the deal, staked her future on his, and held even

relations with political prisoners in isolation and treated them with appreciation and respect for their opinions and beliefs. Once, a political prisoner was transferred to the section where he lived in Eshel Prison (section 28 of partial isolation). The transfer was sudden due to the lack of space in the neighboring prison where the solitary confinement extension hearings take place — only for one night. In the morning, he learned that a political prisoner was in the adjacent cell, so he called him from the window, knew him by name and from among his acquaintances he met in isolation sections. He asked about his needs for cigarettes and coffee and insisted on sending him a cup of coffee through the section worker. How the coffee was brought into the closed cell is another story, since opening the food slot is prohibited. The worker asked the political prisoner to bring his glass and place it under the window at the upper section of the door. Then he bent a plastic card to use as a spout to pour the coffee. This prisoner found no other way to express his feelings except through this method.

Prisoner 3

A strong-willed young man, a Jewish criminal prisoner with a strong presence before the administration and among criminal prisoners, both Arabs and Jews. He is open in his social relations with political prisoners in isolation and treats them with appreciation and respect. By virtue of his position, he can bend the law to secure special treatment for himself and defend others' rights, but he has never resorted to such methods.

Once, a fellow prisoner argued with the section officer over the system of scheduling the order to go out to the prison yard, which the administration distributes periodically. The disagreement was about whether the assigned time for each room is binding for the officer. The administration believed that if someone waives their turn, the turn immediately moves to the next room without adhering to the scheduled time. In this way, several rooms ready to go out might be skipped because their occupants weren't prepared, although they expected to go out at the pre-scheduled time. The administration tried to enforce this system and prevented further discussion. Although he could choose to go out whenever he wished, he intervened in the discussion to support our

prisoners, whether Arab or Jewish. It must be clarified that a group of Jewish politicians who were members of terrorist organizations and were convicted of killing Arab citizens were given special privileges in treatment. Most, if not all, were never placed in solitary confinement, and all their rights were guaranteed, including leave from prison to meet family and friends and return after 48 hours. Moreover, a significant number had their sentences reduced or were released after serving two-thirds of their time.

The policy of systematic, harsh punishment driven by racial hatred targeted only those who opposed the Zionist governments or threatened their security, whether members of right-wing or left-wing organizations. These individuals faced stricter sentencing and harsher treatment inside both general prison sections and solitary confinement.

Prisoner 1

A Jewish criminal prisoner sentenced to life imprisonment, considered by the prison administration as a dangerous and influential figure within the prison community. He is open in his social relations with all political prisoners. He shows great readiness to defend his fellow prisoners in solitary confinement regardless of their nationality or charges. Despite his limited political awareness and lack of interest in politics, his relationships with the fighters did not prevent him from entering the realm of politics and expressing sympathy for our national cause. He fights any racist tendencies attempting to divide based on religion or nationality inside the prison or solitary confinement walls. He is a strong, rebellious personality, and commands respect from the administration.

Prisoner 2

A Jewish criminal prisoner and a frequent inmate of the prison. His detention periods were never very long, and his life has been associated with what is called the "revolving door" — repeatedly entering and leaving prison. He is open in his relationships with all prisoner groups inside the solitary confinement cells. He formed special and distinguished

more firmly to her choice and determination after he was excluded from the list of those to be freed. Ghufran's influence opened a path for Hassan to a new life full of hope and love. We knew her through radio broadcasts: a huge dynamic energy supplying Hassan with detailed updates on the news of family, friends, the prisoners' movement, and the news of those in isolation.

Rita & Qais, Children of Ahed Abu Ghalma

They are the children of the fighter Ahed Abu Ghalma, a comrade and friend, and partner in the struggle and imprisonment, sentenced to life imprisonment plus five years on charges of planning the assassination of the Israeli Minister of Tourism Rehavam Ze'evi in retaliation for the assassination of the martyr Abu Ali Mustafa, Secretary-General of the Popular Front for the Liberation of Palestine. Ahed is a fighter of strong will and endurance, possessing a steel-like resolve and a practical spirit that reflects unlimited energy and vitality, alongside a high ethical value system blending emotional passion, clarity of conscience, and human humility.

His eldest son Qais is sharp and intelligent, inclined toward silence and composure, and possesses a creative talent in drawing. As for Rita, since childhood, she has been characterized by immense energy and vitality, outspoken, closely connected to her father, and never misses an opportunity to address him via radio broadcasts, often singing out words of affection that sometimes include participation or complaints if she feels a right has been taken from her. Qais, inclined toward calmness, also conveys his longings with limited but deep words reflecting overflowing love for his father. This family is overshadowed by their mother, "Umm Qais," Ahed's partner and companion in life and hardship. She is a comprehensive news station who never leaves any issue or event without placing the prisoners at its center, working diligently to address any matter concerning any detainee, capable of connecting with Ahed's brothers or comrades brought together by captivity and isolation.

Mahmoud Ahmad Al-Maghrabi

The only son of the fighter Ahmad Al-Maghrabi, born months after his father's arrest. His father, sentenced to life imprisonment twenty times for resisting the occupation, was arrested shortly after his marriage. Although I did not have the chance to live closely with him or get to know him well, the limited hours we spent beside him in a neighboring room, along with the brief conversations through the wall between the two isolation sections in Ramon prison, and what the brothers shared in descriptions as well as what his letters to his family reflected—all of this made me perceive in him a strong will and determination, and a pure character armed with a set of solid ethical and humanitarian values. He speaks little, based on the principle of "the best speech is brief and meaningful."

His son Mahmoud, who resembles him even in early childhood, never met his father before the end of his solitary confinement, which exceeded eight years. The Central Zionist Court in Be'er Sheva refused to allow him to visit his father under the pretext that the visit posed a threat to state and public security. Mahmoud always opens the radio call by introducing himself, sharing some of his swimming activities and the latest news about Barcelona matches. The program host at Radio Sawt Al-Quds, beloved by both young and old, playfully interacts with him. Mahmoud is supported by his mother, Ahmad's faithful and devoted wife, who takes care of him and acts as a journalist covering news about isolated prisoners and prisoners in general. She is complemented by Mahmoud's grandmother, who also lives with him in prison and who memorizes by heart the names of dozens of prisoners from the governorate as well as Ahmad's friends.

Tala, Safaa, & Osama Abdullah Al-Barghouthi

Daughters and son of the steadfast fighter Abdullah Al-Barghouthi, the young brilliant and intelligent engineer sentenced to life imprisonment sixty-seven times for resisting the occupation and for managing and directing many operations of the Al-Qassam Brigades. Abdullah is known for his broad knowledge, firmness, and strong will—a patient fighter in whom no thread of despair or frustration has infiltrated, optimistic about the inevitability of victory, and ready to resume his struggle whenever the

In his cell, Amir cannot hide from the camera lens. Under these conditions, he expressed himself as a human being stripped of his political and ideological convictions. His hatred of Arabs and Palestinians did not prevent him from forming humane relationships based on shared suffering in the solitary confinement community. His peers described him as a calm, polite person who did not practice any racist behavior toward those around him, even with Hassan Salameh, responsible for killing forty-eight Israelis. Both endured harsh and annoying treatment that united their feelings and brought them closer, breaking down the wall of hatred between them.

The same can be said about Hagai Amir, his brother, sentenced to eighteen years for assisting him. He is a calm and religious young man who rarely initiates social relationships but responds humanely to any attempt to open relations regardless of the initiator's identity. It happened that a criminal prisoner unable to endure the conditions of life arrived at solitary confinement section (AA) in Ramon and spoke to Hagai in Hebrew, asking for his help to communicate with us to understand his provocations, which he would use as an excuse to ask for release from isolation, due to his inability to live with Jewish killers. Hagai advised him not to resort to this method and told him that those in isolation are respectable people and that he could not ruin his relationship with them. However, it is difficult to convince the troubled with logic. The prisoner began to provoke especially during the call to prayer and worship times. The conflict escalated, and the administration intervened regarding his behavior. When the administration asked for Hagai's opinion, he did not provide testimony favorable to the criminal prisoner.

The Amir brothers were subjected to the worst psychological and moral pressures. The administration hung a picture of Rabin opposite Yigal's cell to remind him of his crime and attempt to break him mentally. The hatred driven by fascist and racist mentalities transcends ethnic, religious, or political affiliations. These human tools are programmed like computers. The treatment by the Prison Directorate and intelligence services of detainees such as Maghnoud, the Amir brothers, Odeeb, and Rami Lifne—who were arrested for anti-occupation activities and belonging to the Red Front and Revolutionary Communist Union (Nidal)—may cause confusion by seeming to apply equal standards to political

all political prisoners, either due to a sense of injustice or to vent the social and psychological pressures of solitary confinement. Perhaps the administration played on these feelings and used him as a tool to punish and provoke his fellow prisoners in isolation. For quite some time, he was a source of annoyance and provocation for many of them. His psychological and nervous condition worsened, reaching the brink of madness. He imagined that certain people were insulting him just by hearing his voice, leading him to shout and curse for long hours, despite all efforts to silence him. He became a heavy burden and a source of provocation for everyone. However, the prisoners in isolation, using their wisdom, managed to care for him and tame his outbursts—though not cure him— by sometimes showing kindness and joking, and other times fulfilling his constant requests for cigarettes and other canteen items. Despite this, his medical condition was not compatible with continued imprisonment and the harsh conditions of solitary confinement. The occupation government clung to him until he was released in the first batch of prisoners from before Oslo. His severe medical condition did not spare him since he was sentenced to death for killing a "Jew," or as they put it, "as long as his hands are stained with blood." Blind hatred guides the tools of killing, oppression, and brutality, and a policy saturated with racism leaves no room for humanitarian considerations in dealing with prisoners. The mentioned prisoner posed no threat to their security, neither inside nor outside the prison. His psychological and nervous condition is hopeless for recovery, yet they insisted on continuing his detention until his last breath, spending more than twenty-seven years in prison.

Yigal & Hagai Amir

Anyone who hears the name Yigal Amir, Rabin's assassin, shudders with disgust. His name is linked to fascist Zionist settler tendencies and he is called the killer of peace by those who classify themselves in the Israeli peace camp. Some who lived with him in solitary confinement and endured daily provocative procedures with him noted that the walls of ideology and politics crumbled, and they merged into relationships united by feelings of sympathy and hatred toward the jailer.

opportunity arises.

I knew him from a distance inside the isolation walls, and also through voice messages received via the prisoners' radio station. "Talia," his eldest shining daughter, always takes the initiative to call the station, reserve a spot to speak, and send greetings to her father, summarizing her school news, home news, and updates about grandparents. Following her is "Safaa," younger in age, whose voice reflects outstanding intelligence and insight, continuing what Talia started. Then comes Osama, who broadcasts his longings and news, and finally the loyal wife, Umm Osama, who consolidates family and friends' news and responds to his questions and inquiries sent through the lawyer. She is a steady, strong, and persistent woman who never stops following her husband's situation through lawyers and the radio; her voice carries a sharpness that reflects strength and boosts the morale of prisoners, especially those in solitary confinement.

Sajida Jamal Abu Al-Hija

Daughter of the steadfast, open-hearted fighter Jamal Abu Al-Hija, filled with energy, vitality, determination, persistence, and challenge. Jamal, who is over fifty years old, remains lively in his social relations, his humor bringing comfort and refreshment to the ward where he lives. Losing one of his arms in the battle of Jenin refugee camp did not weaken his resolve; he adapted with what he had to serve himself and others. He was the one who prepared food in his shared room, generous in character and company. It is no surprise that these traits are reflected in his family, especially his youngest daughter, Sajida, a young girl in the prime of life, intelligent, who loves her father madly and is willing to travel thousands of kilometers to see him. She managed, with difficulty, to visit him before turning sixteen—the age at which one must obtain a permit to visit her father. She was keen not to miss a single visit no matter the distances or harsh weather and security conditions. She often faced harassment, such as being denied visits under various pretexts after traveling hundreds of kilometers from her hometown Jenin to Nafha prison.

Sajida is smart, eloquent, and fluent in speech; one might mistake her for a journalist for one of the radio stations, summarizing news of family

and friends for her father. While the focus is on Sajida, the truth is that Jamal's family is a closely-knit cell, shaded by the care of his virtuous wife and the continuous communication and care from Jamal's father, uninterrupted despite prison walls and isolation barriers.

Mahawesh Al-Qadi

A fighter who embraced the struggle without affectation. Israel accused him of participating in the kidnapping of soldier Gilad Shalit. He is married and a father to many sons and daughters. He is strong-willed and determined, open-minded without fanaticism or factionalism towards all currents and factions of the resistance, and is distinctly patriotic and unifying. A personality freed from any complexes or constraints. After his arrest, he was subjected by the Zionist intelligence to harsh interrogation in what is called the secret prison but he endured with distinction. He is loyally devoted to his family and wife, who communicate with him at least twice a week via the "Voice of the Prisoners" radio station. Their voice messages reflect overflowing love and strong family bonds. His daughters are academically outstanding with high grades, as are his sons. He is persevering, energetic, practical, and socially well-connected. Although the time we spent together did not exceed a week, I felt like I had known him for years. His personality, with its light shadow, remains imprinted in memory. He was released in the "Freedom and Dignity" prisoner exchange deal after spending three years in solitary confinement.

Atwa Al-Amour

A fighter from the Izz ad-Din al-Qassam Brigades, also accused of participating in the kidnapping of soldier Gilad Shalit. He was subjected to harsh interrogation from which the enemy gained nothing. He has a strong and cohesive personality, appearing outwardly with the toughness of a Bedouin, but internally transparent and humane. Socially open, humble, and generous, he tries not to leave anyone in the cell in need without providing for them if he can. He does not recognize social barriers with others and is capable of building relationships with all

life imprisonment due to resistance against the occupation. He has spent more than ten years in prison and suffers from severe psychological and nervous disorders. He is currently held in solitary confinement. He was released from isolation due to legal efforts but was unable to adapt to the social collective living conditions and was returned to isolation. Day by day, his condition worsens in the absence of healthcare, and the administration has offered him nothing but high doses of sedatives, which will ultimately destroy him neurologically in the long term.

This is another case that requires care and follow-up by all those concerned with prisoners' affairs and human rights to save his life and secure his release.

Oppression Melts & Unites Wills

The prison community in general, and solitary confinement in particular, is a unique environment that produces its own contradictions. Despite the diversity of this community, which includes criminal and political prisoners, Arabs and Jews, the unifying law governing all these contradictions is the opposition to the prison administration and its tools of repression. Here, all religious, national, political, and criminal differences dissolve, and everyone's feelings merge, uniting their will to confront the oppression imposed by the jailer. Perhaps the examples and cases mentioned above illustrate everything strange that was previously described and concluded.

Appendix II

Prisoner X

Another political prisoner who escaped from prison for security reasons and sought protection from the administration. The prison administration placed him in solitary confinement, where he spent nearly twenty years. He lived his new life harboring a desire for revenge against

destruction, potentially ending his life. This fighter will spend many more years in prison, although his indictment, upon which the military court based its verdict, should not have led to more than five years according to court laws—which should have ended, and he should have been released.

Beyond generalities, it is necessary for the authorities to adopt his case and, politically and legally, to exert pressure for his release.

Prisoner D

A young fighter sentenced to more than fifteen years in prison, having spent half or more of that time incarcerated. He was arrested due to his resistance to the occupation as a member of Hamas and the Izz ad-Din al-Qassam Brigades. He suffered from mild nervous and psychological disorders, and as his imprisonment continued and he was unable to adapt to the prison group's rules, he requested solitary confinement several times. Through the efforts of his brothers and comrades, he was returned to the general wards. He comes from a respected and militant family, but the lack of medical follow-up by a specialist exacerbated his nervous and psychological condition, reaching a tragic state. After a fight with a fellow prisoner, he was sent to solitary confinement, and all efforts to reintegrate him into the group failed. Today, he lives in a state of alienation and possibly dissociation, avoiding conversations even with those closest to him and has also boycotted visits from his family. When his psychological state deteriorates, he destroys all the contents of his cell, sometimes going as far as setting it on fire and risking his own life. The administration's only "treatment" is to spray him with gas and restrain him to the bed for several days. This case requires pressure from all levels to secure his release. Recently, as a result of family and comrades' efforts, he was transferred back to the general wards, but the severe deterioration of his physical and psychological condition only means increased suffering.

Prisoner E

A militant prisoner from the Far'a area in Tubas district, sentenced to

detainees in solitary confinement, whether criminals or political prisoners, Arabs or Jews. He is connected with his family who communicate with him via the prisoners' radio station. Their voice messages reflect strong and cohesive family ties. He finished his solitary confinement after about two and a half years and was not included in the "Freedom and Dignity" prisoner exchange.

Ali Ibrahim Hamed

The fighter Ibrahim Hamed, the General Military Commander of the al-Qassam Brigades in the West Bank. His personality is that of a cohesive leader, decisive in his struggle choices, cultured, loyal to the national cause, and open to all streams of thought and politics in their diversity. He has been arrested multiple times and subjected to administrative detention for years, and also imprisoned for a long time by the Palestinian Authority. He has a strategic and thoughtful mindset that does not accept political dogma. Strong-willed, with humane traits rooted in noble ethics, transparency, and humility. He was arrested in June 2006 and subjected to months of interrogation, during which he remained silent. He was then placed directly into solitary confinement under strict and harsh conditions, where he was not allowed to use electrical appliances for several months. He received his clothing needs through fellow prisoners who managed to smuggle some of his necessities. The guards treated him with a mix of fear and hatred. His ability to overcome time is high, breaking through all barriers by leading political and intellectual dialogues with his comrades. He spends long hours reading and writing. A cultured and academic leader, he earned a master's degree in history, and his cultural interests are unlimited. His wife and family were expelled immediately after his arrest, and he was banned from visiting those family members who remained. He was sentenced to life imprisonment 54 times due to his leadership in numerous resistance operations within the framework of the Izz ad-Din al-Qassam Brigades in the West Bank.

His humane personality can be felt through voice messages from his wife, his son Ali, and other family members. Ali is Ibrahim's eldest son, with a deep affection for his father and his isolated brothers. Like other family members, he matured early, advanced beyond his age, and his voice

messages were smooth and flowing with love and tenderness. They also included ample coverage of news about family,friends, Ibrahim's brothers, and comrades both inside and outside solitary confinement. The family is cared for in the husband's absence by Umm Ali, a faithful, cohesive, educated woman, devoted and loyal to her husband, with strong determination. Her dedication is reflected in the exemplary upbringing of the children. Her words reveal unlimited support for her husband's position and choices. It is worth noting that the prison service did not only deny him family visits but also deprived him of the simplest right of a prisoner to communicate by phone with his relatives.

Mohammad Jamal Al-Natsheh

A prominent leader in the Hamas movement and a member of the Legislative Council, elected on the Reform and Change list affiliated with Hamas while he was in prison. He was pursued by occupation forces and arrested in 2002, but they were unable to prove their false accusations against him according to the General Intelligence report. He is strong-willed, strong in character, of good morals, and open in his social relationships. His personality is broadly unifying. He played a role in managing Hamas's relations with other factions of the national action. He is easy to deal with, always seeking common ground with others, and works to reduce areas of disagreement. He was placed early on in solitary confinement, anticipating his potential expanding role and influence. He moved between several solitary confinement sections. He was released from solitary confinement in Ramon after we spent nearly two months together, which were some of the best days of confinement. The occupation authorities re-arrested him, and he is currently held under administrative detention.

Hisham Sharabati

A fighter arrested due to his connection with Hamas and the Izz ad-Din al-Qassam Brigades. Although his sentence was short, he was subjected to solitary confinement due to his specialization in chemistry.

condition led him to attack a prison officer with a sharp tool. He was treated brutally, to the extent of bone fractures, and was placed in solitary confinement under harsh and rough treatment. His psychological state worsened further in isolation, but he remained balanced in his relationships with his cellmates or others in the ward. He does not initiate social interactions and only engages in social activity reluctantly. Silence and calmness largely characterize his behavior.

He was sentenced to fifteen years on his case, with an additional three years added for an attempted stabbing of a police officer. He refuses to take any treatment, believing that medication is only suitable for the insane —not for him.

At the beginning of his isolation, he had a supportive social environment that helped ease his crisis and the burden of isolation. However, he was transferred to another section where no political prisoners surrounded him to help, and his introversion continued. This affected his psychological behavior, causing him to stop visits from his family and to start talking to himself aloud all the time in his cell.

His condition worsened when he was placed in a cell with another prisoner suffering from bedwetting, who occupied the upper part of the bed. He went mad when he woke up at night feeling the cold urine leaking from the upper bunk. He did not harm his cellmate but started banging on the cell door until the guards arrived, and he demanded to be removed from the cell. He was moved to an adjacent cell and showed no negative reaction toward his former cellmate.

His symptoms escalated to constant screaming and destroying all belongings in the cell. He refused to eat and boycotted the prison canteen, refusing to buy his supplies from it. Sometimes, he reacted angrily toward his neighbors when they tried to calm him. Some isolated prisoners who had previously shared his situation arrived at the ward and re-established their relationship with him. Gradually, they convinced him to stop refusing family visits, eating, and destroying his cell contents. Unfortunately, this positive influence was cut short when those prisoners were transferred.

Today, he lives under difficult health conditions, deteriorating mentally and psychologically every day. It can be said that the reasons for his detention under such conditions are leading to his neurological

had no schedule to organize his time and suffered from severe psychological hunger. He constantly needed a partner to talk to and interacted daily with all sections of the prison population, both political and criminal.

He requested a roommate, and the administration agreed. However, when the others get annoyed due to their own preoccupations, he begins knocking on the door and enters into conflicts with the guards for real or imaginary reasons— always present are his demands, whether for cigarettes, coffee, or accusations of insults by a guard, etc. He has a remarkable ability to attract attention, bringing everyone to the ward to silence him after he breaks into tears or threatens self- harm. This involves everyone from the ward manager to the security or intelligence officer to the social worker. The situation usually ends either by opening the ventilation hatch in the door used to pass food to prisoners—which is normally prohibited—or it escalates to him being restrained to the bed, only released for bathroom breaks or meals. In these cases, everyone rallies to support him until the administration resolves the issue.

On the other side of his human personality, he is an intelligent and socially open person without limits, altruistic in dealing with colleagues. What he holds in his hands is not his own possession. He is capable of monitoring and resolving conflicts among the youth but unable to solve his own problem. He is a complex personality but still beloved. You might get angry with him one moment, but he quickly insists on making amends. He knows no boundaries when dealing with criminals or political prisoners. His sentence was not long. In moments of calm, he convinces himself to return to the regular wards, but soon abandons the idea. He was released, and we hope he has regained his balance and continued his life.

Prisoner C

A young fighter arrested in 2006–2007 due to his participation in intifada activities and throwing Molotov cocktails at occupation soldiers. He is kind and polite but tends to be introverted. He was unable to cope with the terms of prison life and suffered nervous and psychological pressure. His pride prevented him from asking for help. His worsening

He left solitary confinement only a few months before his release. He is strong-willed and determined, socially, intellectually, and politically open. He used his time productively despite the short duration and limited encounters behind the courtyard wall. His gentle nature and openness became evident despite the circumstances.

Saleh Dar Mousa

A fighter from the village of Beit Liqya, northwest of Jerusalem, sentenced multiple times to life imprisonment for resisting the occupation. He is cultured and worked in education before his arrest. His personality is strong and cohesive, unaffected by harsh prison conditions or the difficulties of solitary confinement. He was one of the first detainees I met in Ashkelon solitary confinement and provided me during the brief time we interacted remotely with useful information about solitary confinement conditions and rules for dealing with its effects. He has a friendly personality with wide-ranging interests. He is always striving to develop himself and make productive use of his time. He mastered the Hebrew language and expanded his experience in managing relationships with his guards under solitary conditions. He left solitary confinement months after we met, and I did not get a chance to get to know him more deeply.

Abbas Al-Sayyid

A smart leadership figure in Hamas, an engineer and politician, cultured and consistent with his intellectual and political convictions. He is strong-willed and determined. The occupation authorities arrested him in 2002 and sentenced him to life imprisonment 33 times. Israel refused to include his name in the list of freed prisoners under the Shalit deal. He is gentle in his social relations, governed by a system of high moral values. He was subjected to solitary confinement in the second half of 2009 to prevent his influence on the negotiations regarding the release of soldier Gilad Shalit. The pretext for his isolation was making contact with the outside via a smuggled mobile device, although dozens of detainees used such devices and made similar calls to top leadership. After the prisoner

exchange deal, he headed Hamas's supreme leadership body inside prisons. He conducted a solo hunger strike protesting his isolation for 21 days. He was released from solitary confinement in May 2012, as an achievement and result of the Dignity Strike in April of the same year. He is still under a ban from family visits but is allowed to visit his children under the age of sixteen once a month. His only means of communication with prisoners is through letters and lawyers and receiving voice messages via prisoner radio stations and programs. He lives within a closely connected family system, evident through voice messages from his son Abdullah and his virtuous, strong, and cohesive wife.

Abu Al-Baraa

He is Mahmoud Issa from the village of Anata, Jerusalem district, one of the leaders of the Izz ad-Din al-Qassam Brigades. He is sentenced to life imprisonment three times due to his leadership in the kidnapping of soldier Nissim Toledano in early 1993, aimed at demanding a prisoner exchange for Sheikh Ahmed Yassin and several other detainees. The operation ended with the killing of the kidnapped soldier. In the mid-1990s, the occupation security agencies accused him of attempting to participate in resistance activities abroad and punished him with solitary confinement. He was released from solitary to the regular prison in 2000 as a result of the prisoners' successful hunger strike in September of that year, along with other isolated prisoners. The intelligence services returned him to solitary confinement under the same accusations less than two years after his release. He remained in solitary confinement for more than eight years the last time, until he was released as part of the prisoners' demands during the Dignity Strike in April 2012.

He is a strong, cohesive personality reflecting a firm and solid ideological affiliation. He is characterized by calmness, which indicates his inner strength and psychological balance. Socially open, practical, and outstanding in his giving, he possesses creative writing abilities. Organized in his daily life, he maintains strong family ties characterized by love and loyalty. The voice messages he received several times a week reflected the essence of these relationships. He was excluded from the list of released prisoners in the Gilad Shalit prisoner exchange deal.

him strength and immunity and to spread warmth and affection in the damp, foul atmosphere of his cell. She was a flowing energy of love, tenderness, strength, and cohesion. She is a model of a faithful wife who refuses to surrender to the fate imposed by the occupation on her husband.

Prisoner A

A determined fighter, one of the earliest to join the military wing of the Islamic Jihad Movement, he carried out a daring martyrdom operation and was sentenced to multiple life terms. He spent part of his imprisonment among his brothers and comrades, during which he developed a psychoneurotic disorder that severely disturbed his psychological and social balance. The prison administration treated him by placing him in solitary confinement, where the illness worsened, pushing him to the brink of madness. He developed feelings of distrust toward everyone around him and showed aggressive behavior toward his fellow inmates in isolation.

It can be said that he suffered from a security-related paranoia, imagining everyone around him as spies conspiring against him. His reactions included shouting, threats, and insults. The prison administration did not provide him with any serious treatment except for strong doses of sedatives. In moments of clarity, he is a friendly and cheerful person loved by others. Although his condition warranted release or at least transfer to a specialized hospital, the prison authority confined him to solitary isolation until he was freed in the prisoner exchange deal involving soldier Gilad Shalit, which remains one of the bright points of that deal.

Prisoner B

Another political prisoner, a fighter who could not grasp the concepts of prison life or adapt to the social and collective demands of incarceration. He requested to be placed in solitary confinement. Naturally, someone who fails to socially adapt in the structured prison environment will not be able to adapt under even harsher conditions. He

His name was included in the list of isolated prisoners whose isolation the prisoners' movement demanded to end in April 2012. However, Israeli intelligence continues to delay ending his isolation, even though during the suspension of the hunger strike, intelligence agreed to release all isolated prisoners from solitary confinement without reservations. The excuses and justifications presented by the prison service and Israeli intelligence are unconvincing and legally unjustified. The claim that Israeli intelligence cannot release him before completing his trial due to court secrecy is meaningless because everything happening in court can be disclosed through his lawyer or by him via his friends in isolation, or by any other lawyer if his own lawyer is banned from publishing court details.

All intelligence claims are weak and "an excuse worse than the fault." To clarify and expose the circumstances of his isolation, Darrar suffers from multiple illnesses that appeared simultaneously after his arrest. It is possible that the drugs used to sedate him had a direct effect on this. His weight dropped from 95 kilograms to 60 kilograms or less, which is an unusual decline indicating abnormal organic dysfunction requiring intensive treatment. It is also natural that the conditions of his isolation are unsuitable for his treatment, and the simplest measure to start his treatment is to remove him from isolation.

It is also known that after prolonged delays, Darrar was forced to declare an open hunger strike despite his poor health, which did not allow it. He suspended the strike after a promise to move him from isolation to less harsh conditions—namely, semi-group isolation. In any case, Darrar's case remains an open wound that deserves attention from all levels of Palestinian leadership and the relevant legal and human rights institutions until his isolation ends, and Israel is held legally accountable for the crime of kidnapping and endangering his social life.

Darrar Abu Sisi's wife, whom we knew through her voice messages, spoke broken Arabic but her messages were rich with deep emotional content, sometimes switching to Ukrainian. She was keen to contact him daily and follow his news in isolation, as well as his legal case in Ukraine, the country he belongs to, and his lawyers who follow his case. She gathered her children daily at the broadcast time of the "Prisoners' Voice" radio station to hear their voices and give a role to each of her children. She was determined to be with him daily along with her children to give

Umm Faris Baroud

Prisoner Faris Baroud is from Gaza City. He was arrested in the early 1990s during the First Intifada and sentenced to multiple life imprisonments for involvement in killing several settlers. He had no specific political affiliation. He spent several years among his peers in prison but could not adapt to the social life of prisoners, especially under the conditions of collective isolation in Ramla prison. He spent about fifteen years in solitary confinement before finally moving to the general population. He is strong and sensitive, simple in his social relations, and always willing to offer help to fighters in isolation. The prison police fear him. His hope for release was tied to the Gilad Shalit deal, and when he was excluded, he faced the situation with courage. Today, he awaits the opening of hope for his release as part of the veteran prisoners. Practical and capable of fixing any electrical device malfunction, he was called the "section technician." His room, filled with remnants of devices, resembled a workshop.

He chose to live alone in his cell during the first days I met him. At first, I thought he had psychological or nervous disorders, especially when he occasionally screamed loudly. When I asked him about this, he simply explained that he screams whenever he feels distress to release his inner anger and tension, and this process comforts him and restores his balance. One of his many life mottos was prayer. I thought that being excluded from the exchange deal would discourage him and break his spirit, but I was surprised by how quickly he absorbed the shock, rejoiced in his brother and comrades' release, and continued his social life as usual.

Umm Faris, whom we knew by her warm and tender voice when addressing Faris through the Prisoners' Voice station, would sound to listeners like a young woman because of the strength and sharpness of her voice and the encouraging phrases she always charged Faris with, or her humanitarian emotions toward Faris's comrades, and the inciting phrases she spread. In brief words, she is a mother and a fighter, a first-class person. I saw her once in a protest broadcast on Palestine TV — an elderly woman weakened by fatigue, yet I realized that her aging and frailty were compensated by her determination and strong will.

Martyr Moataz Hijazi

A young Palestinian from Jerusalem and a fighter, he was arrested due to an attempt to stab an occupation soldier and for supporting the Islamic Jihad. He entered prison before reaching eighteen years old, driven by enthusiasm and revolutionary passion. His zeal and impulsiveness led him to attempt to stab a police officer in prison in response to the humiliation by one of the officers, which resulted in an additional sentence added to his original eight-year term. He was also subjected to severe torture and physical destruction and was transferred to solitary confinement.

At the beginning of his isolation, he suffered psychological effects, and the harsh treatment by the isolation police pushed him to repeatedly attempt to fight back, which resulted in further added years to his sentence, bringing it to thirteen years. Through the efforts of fellow fighters, he gradually regained his psychological and social balance. With his intelligence, he educated himself religiously and intellectually, and also learned and mastered the Hebrew language. He remained cheerful and friendly throughout his isolation, beloved and stubborn in dealing with the administration. He diligently followed his legal cases through the legal expertise he gained from his isolation experience. The prison service considered him a danger and prohibited housing him with anyone else or releasing him from solitary confinement. He served his sentence and was released, after which he continued his role in resisting the occupation. He was martyred on October 30, 2014, after a prolonged firefight with members of the Israeli special forces who had besieged his home in the Al-Thawri neighborhood of occupied Jerusalem following his attempt to assassinate the Zionist rabbi Yehuda Glick.

Abu Faris

He is Bajis Nakhla from the Jalazun refugee camp. He was arrested multiple times and subjected to long administrative detentions. He was re-arrested administratively in 2011 as part of a wide campaign against Hamas and its cadres, aimed at pressuring the movement to make concessions in negotiations for the release of soldier Gilad Shalit. A few days after his arrest, he was placed in solitary confinement but was released from it following the April 2012 hunger strike. His calm demeanor is marked by notable steadfastness, and his morals grant him a humane dimension. I knew him abroad through joint work, and he was open in his national and humanitarian relations.

Walid Khaled

A young fighter and creative writer and poet, he was arrested several times due to his activism with Hamas. He spent a considerable time in solitary confinement and was released shortly before his release in 2009. He was re-arrested administratively at the beginning of 2011 and placed in solitary confinement, from which he was released after the success of the April 2012 hunger strike. He is lively in his social relations, steadfast in his ideological affiliation, and channeled his years in isolation into producing literary and poetic creativity.

Darrar Abu Sisi

He is a known detainee living in solitary confinement, with his case exposed internationally. His arrest involved violations and disregard for international law, as well as Ukrainian laws as a sovereign state. His kidnapping is a new form of international piracy and a clear act of terrorism. If Ukraine's role was complicit, then the situation is even worse. Strangely, the Palestinian response was routine and weak, without any serious effort to pursue Israel internationally through the UN legal bodies or the International Criminal Court.

Israel claimed he was responsible for developing Hamas's rocket system, and may have extracted confessions from him under harsh and terrorizing interrogation conditions. Israel did not follow legal procedures either in his arrest or transfer to interrogation. He was held for a period outside any legal process, and interrogations outside legal frameworks are often questionable in their results. To conceal its crimes and inflate the case of his detention in solitary confinement, Israel subjected his trial to secret conditions and restrictions.